

WHITEBOARD – Exercise for Functional Ability, Aesthetics, Performance and Maintenance / Rehabilitation



Training for your **Functional Strength, Ability and Maintenance of your Activities of Daily Livings (ADL's)** is the most basic and most important way to know how to exercise. We must maintain our strength and overall ability throughout our life (in moderation). We are NOT very well educated on this fundamental understanding with our public education system as the information that is taught is old, not fully expanded on and not fully integrated into most learning curriculum's in the North and South American Continents (*including other less developed areas*).

Training for **Aesthetics** is to have your main goal to look as toned, chiseled and strong (and healthy?) as you can in your own eyes (*we can sometimes have a hard time accepting our progress / results.. however, it is also healthy to be skeptical of your own practices, and knowing when you must improve*), NOT another persons. Some people train for how other people may look at them, but it's an under-focused area in the primary Canadian schooling curriculum as of February 2024 to teach us, as a population how to have better practicing standards and personal discipline to create success for the next generations overall mental and physical health through life, especially as technology is changing at such a fast pace. We have changed a lot in the past 20 years. Bodybuilding, both natural and not, are two examples of competition practices for exhibiting your practiced results over your exercise career.

Training for **Performance** is to push yourself to your absolute limit to perform in a specific (e-)sport, activity and / or ability to prove your strength / ability performance. This is usually (in most cases) in comparison to others performance, whether it be individual, or in teams, and while you either aim to score points, or to lift and / or do as much as you can. These types of competitions don't usually accept performance enhancing drugs, unlike some parts of bodybuilding. However, sometimes there are exceptions. When you enhance your ability in sports, you would usually out-perform your peers, UNLESS your training regime was trash to begin with... then you probably wouldn't make much of an improved result regardless. Your result is only as good as how you train and how you treat yourself. Discipline of consistency and moderation is important, though as you get stronger and capable of doing more both in terms of intensity and time span, we must still remember that we are still only human.

Why it's important to know the difference between training for aesthetics (looks) or strength

Functional / Aesthetics type exercise and strength training have their transferable components, however, lifting for strength (whether it be weight / time intensity or skill intensity) vs. lifting for aesthetics (Physique, development of muscle) are not quite the same. Both training practices have their own considerations for specific practice (FITT).

How it's easy to mistake the two by looks alone

Both lifting practices create muscle tearing, then muscle recovery creates new, usable muscle tissue. Depending on how the weight is being lifted, the amount of time under tension, amount of weight, sets / reps, exercise variation (angling), implementation of other training practices (cardio, stretching, using all periodization phases, plus rest).

Where can I practice each practice?

Each practice has its "best place". With ADL's/Physique, you aren't quite lifting for strength, so you can get away with dumbbells and bands. Strength requires more weight, or specialty equipment, so a gym is a lifters best friend.

When can you practice each specific practice?

This is when a periodization would be your best friend. You'd usually want to work up to, then mix up the practice every 3-6 months, then come back to it in a seasonal approach. Don't always practice the same thing, otherwise you won't make the best kind of progress. It's necessary to have some variety to give you some flexible practice.

Who can do it?

It really depends on you as a person. If you are young and new to exercise, you'd need to take it slowly, but you'd see great results in a few months / years. The older you are, the more 'trained' you are due to your ADL's. Depending on the person's maintenance over the years would determine the ability and speed of desired result(s).